

**Safeguarding Directorate**

11<sup>th</sup> February, 2019

**‘Good Food & Drinks = Best Care’**

Dear Family Members and Visitors

Safeguarding Directorate and the Health Directorate have been working together to make sure that as part of Best Care for our residents and tenants, we ensure they receive food and drinks they enjoy, that are also ones that support their wellbeing.

Many residents suffer from chronic conditions such as diabetes, heart, lung and kidney problems. These conditions and the difficult symptoms they cause can be eased if we take care with the food and drinks we provide. We can also reduce the risk of these conditions among residents who do not have them and maintain their wellbeing better with food and drinks that support their health.

**Menu:**

From March 1<sup>st</sup> 2019, all Safeguarding Care Homes and Supported Living tenancies will provide an adjusted Menu that keeps popular meals that our residents enjoy and has adapted these to be better for wellbeing. The ***emphasis is on keeping familiar and popular meals, foods and drinks, and choice and variety.*** We can do this by making small adjustments in ingredients and cooking style to keep our residents well. (Note: Any resident with particular dietary needs or issues is specially catered for.)

**Bringing In Food or Drinks:**

From March 1<sup>st</sup> we also request the support of Family and Friends by bringing in items that support residents’ wellbeing. Information is provided in the leaflet enclosed and staff can advise on any questions you have. A wide variety of food and drink items are included if you wish sometimes to bring something.

We also ask please that food treat items are limited to the 'once a week' recommendation. Sugar-free drinks (not fruit juices) can be brought in as many days as you wish.

### **Special Occasions**

Special occasions play an important part in residents' lives and on occasions like birthdays we welcome if you wish to bring drinks or snacks from the leaflet list, and if family wish to bring a celebration cake for all residents to share this is also welcome.

Please see the enclosed Leaflet and ask staff if you have questions.

Sincerely,

Director of Safeguarding, SHG.